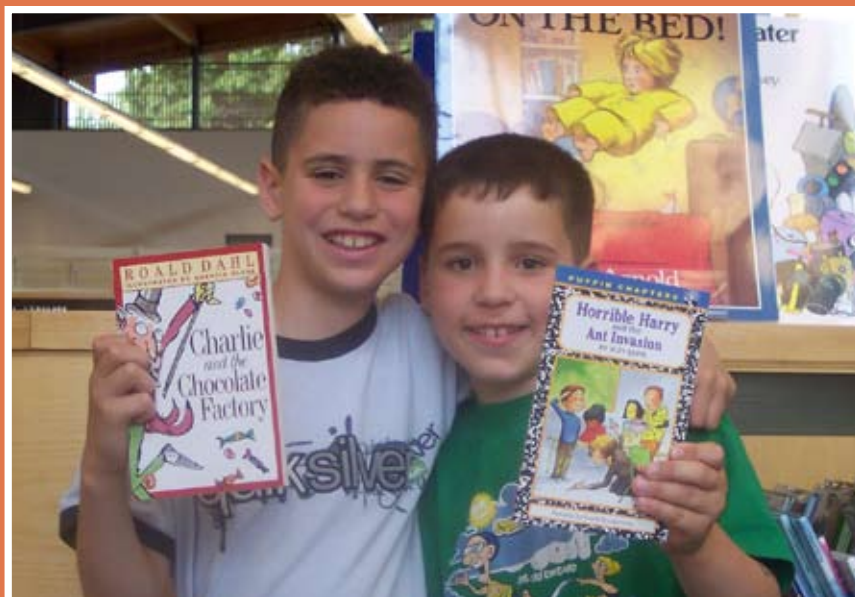




HIGH POINT COMMUNITY CENTER



September - December, 2006

Program Registration

Walk in and mail in
registration begins Aug 14.

Program Dates

Sept - Dec, 2006

Holiday Closures

Monday, Sept 4, Labor Day

Friday, Nov 10, Veterans' Day
Observed

Thursday, Nov 23 & Friday, Nov 24,
Thanksgiving Holiday

Monday, Dec 25, Christmas Day

Monday, Jan 1, New Year's Day

Everyone is welcome

Mọi người đều được hoan nghênh

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Todos están bienvenidos

каждый долгожданен

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REGISTER ONLINE · it's easy!
www.seattle.gov/parks



High Point Community Center

High Point Community Center

6920 34th Ave SW

Seattle, WA 98126

Phone: 206-684-7422 Fax 206-684-7402

Visit us online at www.seattle.gov/parks!

Hours of operation

Monday 1 to 9 p.m.

Tuesday – Friday 11:30 a.m. to 9 p.m.

Saturday (Sept 10 – May 29) 10 a.m. to 5 p.m.

Program dates

September – December, 2006

Holiday closures

Monday, September 4, Labor Day

Friday, November 10, Veterans' Day Observed

Thursday, November 23 & Friday, November 24,
Thanksgiving Holiday

Monday, December 25, Christmas Day

Monday, January 1, New Year's Day

Program registration

Mail-in registration begins August 14.

Walk-in registration begins August 14.

Fall 2006 Before & After School Program
registration begins Monday, May 15.

Fall Sports Registration begins Tuesday, May 30.

Professional Staff

Ken Bounds, *Superintendent*

B. J. Brooks, *Deputy Superintendent*

Christopher Williams, *Operations Director*

Katie Gray, *South Recreation Manager*

Brian Judd, *Center Coordinator*

LaShawn Street, *Assistant Center Coordinator*

Bryan Hayes, *Late Night Recreation Specialist*

Chris Jones, *Teen Development Leader*

Johnnie Williams, *Recreation Leader*

Jimmie Daniel, *Recreation Attendant*

Willie Mae Malbrough, *Building Maintenance*

Mary Dalzell, *Senior
Adult Specialist*

And a variety of
other wonderful
staff and
volunteers!



Mission

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate, and build community.

E-Brochures are available!

In keeping with our environmental stewardship policies, we're trying to reduce the amount of paper we use. We invite you to visit our web site at www.seattle.gov/parks. You can find this brochure information online.

Payment

You can pay for classes and other activities by mail, in person during regular facility hours, or by telephone with a credit card. We accept Visa, MasterCard and American Express. Please make checks and money orders out to City of Seattle.

Please note: Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a \$20 fee. (Credit card or cash only.) We are working on a system that will make online registration available.

Refunds

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- Anyone who registers for a class, camp, special event or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who requests a refund 14 days or more before its start (or before the second session of a class), may receive a refund minus a service charge.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start (or after the second session of a class), will receive no refund.
- Please read the entire policy, #7.16, for specific information.

Special Events



Freaky Fall Festival!

October 27

Free
6 – 8 p.m.

This event promotes safety on Halloween night by providing an alternative to trick-or-treating. Children dressed in costume participate in hours of entertainment through games, food, a haunted house, and a costume contest. Events are created in a way that provides thrills without unnecessary fright. For youth ages 11 and under.

Location: High Point CC



Fall Fun Festival

Spend Halloween evening with carnival games, art activities, jump toy and more. Youth ages 10 and under are welcome to come dressed in your costume and bring a container for prizes and treats.

Tue, Oct 31 6 – 8 p.m.

Free
Delridge CC

Spaghetti Dinner

Join us at High Point CC for **All You Can Eat Spaghetti**. We will be serving spaghetti until the pots run dry so, all you have to do is show up and eat.

6:30 – 8 p.m. Nov 3 High Point CC

Fee: \$3 per person or \$10 per family

A Night of “THANKS”

Enjoy a spaghetti dinner with all the fixin's and try to win a turkey for the upcoming holiday. There will be \$1 contests where you can win the bird for that big holiday dinner. If there are no winners a raffle for those who compete will be held. The dinner is a fund raiser for the TEEN program.

Wed, Nov 8 6 – 8 p.m. High Point CC

Fees: \$2/person or \$5/family (3 – 6 members)



Holiday Bazaar

Check out arts, crafts and special gifts made by local artists and businesses to buy for family and friends for the Holiday. Interested in being a vendor? \$15 per table or \$25 for two.

Please contact Nanette at Delridge (206) 684 7423.

Thu, Dec 9 10 a.m. – 3 p.m. Delridge CC

Christmas Ship

Free

High Point Community Center invites the whole family to come down to Don Armeni Park on Alki. Come enjoy a bon fire, hot coffee and cookies, and singing Christmas carols with the Argosy Christmas Ship.

Sun, Dec 10 7 – 7:30 p.m. High Point CC

Santa Sleigh arrives at Delridge

Santa and his Sleigh arrive bearing surprises for youth ages 12 and under. Pre registration is required beginning December 1st.

Sat, Dec 16 Noon – 2 p.m. Delridge CC

High Point/Delridge Fabulous Family Fridays

Ice Cream Social

September 8

\$3 ea/\$10 family

6:30 – 8:30 p.m.

We're gathering our neighbors for a night full of fun and ice cream. It is the perfect opportunity for you and your family to meet your neighbors. So, come enjoy a relaxing evening complete with a spectacular skyline view, delicious ice cream cones and sundaes, and music.

Location: High Point CC



Pizza Feed and Board Games

September 15

\$5/family

6 – 8:30 p.m.

Join other families for an evening of cards, dominoes, EXTREME games in the gym, and, of course, PIZZA!

Location: Delridge CC

Magic Show

September 22

\$5 Per Family

7 – 8 p.m.

We're gathering all neighbors for an evening full of magic and fun. A professional magician to entertain you and your family.

Location: High Point CC



Family Movie Night

October 6

Free

6:30 – 8:30 p.m.

We will show the movie *Charlie and the Chocolate Factory* for you and your family. Free popcorn. RSVP by calling 684-7422.

Location: High Point CC

All-U-Can-Eat

Chili and Cornbread

\$5/family

October 13

6 – 8:30 p.m.

Fill yourself and your family up with homemade chili and cornbread and work it all off while participating in an exciting Family Scavenger Scramble. Families will search high and low for clues in and around the community center that will lead them to a GRAND PRIZE. All participants will receive a surprise!

Location: Delridge CC

Spaghetti Dinner

November 3

\$3 ea/\$10 family

6:30 – 8 p.m.

Join us for **all-you-can-eat spaghetti**. We will be serving spaghetti until the pots run dry so, all you have to do is show up and eat.

Location: High Point CC

Holiday Kick-Off

November 17

\$5/family

6 – 8:30 p.m.

"Gobble, gobble" some holiday treats prepared by you and your family OR print, paint or press crafts and gifts to decorate your home or wrap up as presents for the upcoming holiday. Light snack will be provided.

Location: Delridge CC



Bingo Night

December 1

Free

6:30 – 8:30 p.m.

BINGO! is the name of this game. Bring the family in for a guaranteed good time.

Location: High Point CC

A Night at the Movies

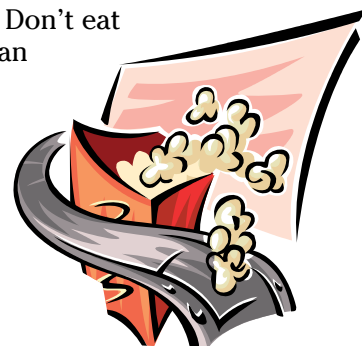
December 8

Free

6 – 8:30 p.m.

Enjoy an evening with your neighbors and watch *A Christmas Story* with buckets and buckets of popcorn. Don't eat popcorn? Well, we can also string popcorn with other edible items to brighten up your house for the holidays!

Location: Delridge CC



Youth Programs

Aerobics/Fitness

Youth Fitness

It's never too late to get fit. Improve your health, strength and cardiovascular fitness.

Youth Fitness Session 1 \$15

Ages 8 - 19

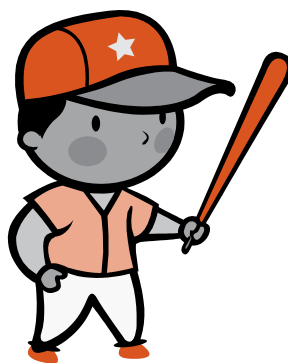
Location: Teen Room

Instructor: Johnnie Williams

#10693 9/26 - 11/2 Tue/Thu 6 - 7 p.m.

Youth Fitness Session 2

#10694 11/16 - 1/2 Tue/Thu 6 - 7 p.m.



Just Starting Sports \$25/session

Your little tyke will learn the basics of basketball, soccer, t-ball, and more in fun and safe environment! This program is designed to build coordination and self-esteem in your child. Sign up quick, as space is limited to 8 persons!

Ages 4 - 5

Location: Gym

#10681 9/21 - 11/2 Thu 4 - 4:45 p.m.

#10682 11/16 - 12/28 Thu 4 - 4:45 p.m.

Cross Country \$35

Registration must include child's birth certificate, youth sports registration form, Athletes For a Better World agreement and payment of fee in full. Registration begins on Tuesday, May 30.

Ages 6 - 14

Location: Outdoor Space

#10679 9/23 - 12/2 Sat 9 a.m. - 5 p.m.

Volleyball \$35

Volleyball for a range of skill levels, from beginner lessons to competitive leagues. You must register in person at the community center for these programs.

Ages 10 - 17

Location: Gym

#10688 9/23 - 12/2 Sat 9 a.m. - 5 p.m.



Athletics

Flag Football \$35

Boys and girls are invited to take part in the flag football program and compete against other community centers. Players will learn offensive and defensive skills that will enhance their natural abilities. This is a limited contact sport where the focus is on sportsmanship. *Practice times and game times vary...check with your local center for specific dates and times.*

Ages 6 - 14

Location: Outdoor Space

#10680 9/23 - 12/2 Sat 9 a.m. - 5 p.m.



Youth Programs



Citywide Youth Basketball \$55*

Citywide basketball programs are available to youth ages 10–18. The citywide youth basketball program provides players the opportunity to develop basic skills, team play, and sportsmanship.

Players sign up at High Point CC where practices take place. Teams are grouped by ability and placed in appropriate leagues according to their skill level. All players are required to play a minimum amount of playing time in each game. Games are played at local community centers and schools in the Seattle area.

Play begins on January 6 and concludes with league championship game in mid March.

*Includes jersey; fee is \$40 without jersey. You must have a department jersey to play.

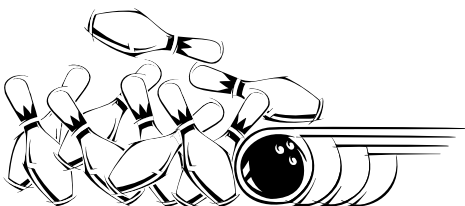
Age: 10 to 18

Teen 3 on 3 Basketball League

Think you're good? Find a couple of friends to play in a league for teens. High Point will HOST a 3 on 3 league to compete against up to 7 other community centers in Seattle. If cool heads prevail snacks and beverages will be served. A trophy will go to the winning community center for bragging rights. Held Wednesday's 4-6 p.m. starting mid-September.

Wednesdays 4 – 6 p.m.

Free



High Point Cub Basketball \$55*

Come and participate in High Point CC recreational cub basketball league. This is a program that focuses on positive experiences during practices and games, as well as learning the fundamentals. Games will be played at High Point or local community centers. Boys and girls ages 8 to 9.

*Includes jersey; fee is \$40 without jersey. You must have a department jersey to play.



Volunteer Opportunities

Would you like to volunteer or need to complete your service learning hours? Stop by and see Chris Jones for more details.

Performing Arts & Dance - All Ages

★New★ Miss Ellie's School of Dance and Musical Theatre

These classes are for students of all ages from ages 3 and up. Besides teaching technique a dance education also offers many valuable benefits. Such as grace, poise, good health, recognition of mind and body unity and self expression through self confidence. Miss Ellie teaches the ballet and dance classes for High Point CC.

Ballet - Preschool

This class is designed to teach the little ones basic movement, rhythm, balance and coordination. It allows for self expression and rewards the students for their participation.

Location: Multi-purpose room

Ballet - Youth

Come and enjoy the classical technique of this beautiful and expressive dance form! This class is designed for the young child beginning ballet at their own level, according to the coordination and ability of this age group. Ballet positions and beginning technique which embraces the fundamentals of dance are taught.

Location: Multi Purpose Room

Pre-Dance

This class is a special program including basic dance and tumbling. It includes such steps as skip, leap, jump, turn, Marching Band, and self-expression songs. Children discover the joy of dance and cultivate expressiveness.

Location: Multi Purpose Room

Ballet Preschool - Ages 3 – 5				
Session	Barcode	Dates	Day and Time	Fee
I	#10809	9/19-10/31	Tue 4 – 4:45 p.m.	\$42
II	#10810	11/7-12/19*	Tue 4 – 4:45 p.m.	\$36

Ballet Youth - Ages 6 – 10				
I	#10813	9/19-10/31	Tue 5 – 6 p.m.	\$49
II	#10814	11/7-12/19*	Tue 5 – 6 p.m.	\$42

Pre Dance - 6 – 10				
I	#10815	9/28-11/2	Thu 4 – 4:45 p.m.	\$42
II	#10816	11/30-12/21	Thu 4 – 4:45 p.m.	\$36

*No class 11/21

Dance - Adults

This class is for the student who enjoys music and movement. Structured framework utilizes warm-up isolation techniques with emphasis on barre and center floor dance combinations in a way of moving your soul as it has never been moved before. A good way to stay fit. A fun course for all levels.

Location: Teen Room

Adult Dance - Ages 17 and older				
Session	Barcode	Dates	Day and Time	Fee
I	#10807	9/28 – 11/2	Thu 7:15-8:15 p.m.	\$49
II	#10808	11/9 – 12/21*	Thu 7:15 – 8:15 p.m.	\$42

*No class 11/23

Dance - Youth

This class is a combination class designed to cultivate the student into presenting the whole body through upper and lower unity technique. An exhilarating dance form. Learn a Song and Dance Routine in a course that works on proper breath technique and on rhythm coordination and presentation.

Location: Teen Room

Youth Tap/Happy Jazz - Ages 3 – 5				
Session	Barcode	Dates	Day and Time	Fee
I	#10817	9/28 – 11/2	Thu 5–5:45 p.m.	\$42
II	#10818	11/9 – 12/21*	Thu 5–5:45 p.m.	\$36
Youth Tap/Happy Jazz - Ages 6 – 10				
I	#10819	9/28 – 11/2	Thu 6 – 7 p.m.	\$49
II	#10820	11/9 – 12/21*	Thu 6 – 7 p.m.	\$42

*No class 11/23

Music Lessons \$99

Bruce Howard, a local professional musician, brings his teaching expertise to High Point. You can select beginning or continuing guitar, piano, singing lessons, bass guitar, drums and other instruments. These lessons are for ages 3-99.

Location: Teen Room

Music Lessons - Ages 3 and older				
Session	Barcode	Dates	Day and Time	Fee
I	#10811	9/23 – 10/28	Sat 10 a.m.-4:30 p.m.	\$99
II	#10812	11/4 – 12/16	Sat 10 a.m.-4:30 p.m.	\$99

Siblings may share a timeslot at no additional charge.

Teen Programs

A Night of "THANKS"

Come enjoy a spaghetti dinner with all the fixin's and try to win a turkey for the upcoming holiday. There will be \$1 contests where you can win the bird for that big holiday dinner. If there are no winners a raffle for those who compete will be held. The dinner is a fund raiser for the TEEN program.

6 – 8 p.m. Nov 8

Fees: \$2/person or \$5/family (3 – 6 members)

After School Tutoring

Please call to see if volunteers have joined to help make learning easier! We will try to make this an everyday activity so you don't fall behind at school.

Free



Halloween Carnival

BOO! Let's have some fun and help the center entertain the youngins. A special reception for all who participate will follow. That's right food and candy just for you!

Friday

Oct 27

5 – 9 p.m.



Thursday Afternoon Movie

A day to come chill out and enjoy the afternoon. Watch a movie while grubbin' on some chips or popcorn. Movie's start at 3:15 p.m.

Thursdays 3:15 p.m.

Free

Teen Advisory Council

Free

Teens are you bored with the activities for you to do?

Check out High Point's Teen Advisory Council (TAC) to learn how to become leaders in your community. Members will plan, promote, and host all types of special events. If you are looking to pick-up some Service learning hours or just want to produce fun events, come get UN-BORED! The TAC meets every Thursday at 6:00 p.m. Food will be provided!

Thursdays 6 – 7:30 p.m.

Teen Programs

Athletics

Flag Football \$35

Boys and girls are invited to take part in the flag football program and compete against other community centers. Players will learn offensive and defensive skills that will enhance their natural abilities. This is a limited contact sport where the focus is on sportsmanship. *Practice times and game times vary...check with your local center for specific dates and times.*

Ages 6 – 14

Location: Outdoor Space

#10680 9/23 – 12/2 Sat 9 a.m. – 5 p.m.



Cross Country \$35

Registration must include child's birth certificate, youth sports registration form, Athletes For a Better World agreement and payment of fee in full. Registration begins on Tuesday, May 30.

Ages 6 - 14

Location: Outdoor Space

**#10679 9/23 – 12/2
Sat 9 a.m. – 5 p.m.**



Volleyball \$35

Volleyball for a range of skill levels, from beginner lessons to competitive leagues. You must register in person at the community center for these programs.

Ages 10 - 17

Location: Gym

#10688 9/23 – 12/2 Sat 9 a.m. – 5 p.m.

Teen 3 on 3 Basketball League

Think you're good? Find a couple of friends to play in a league for teens. High Point will HOST a 3 on 3 league to compete against up to 7 other community centers in Seattle. If cool heads prevail snacks and beverages will be served. A trophy will go to the winning community center for bragging rights. Held Wednesday's 4-6 p.m. starting mid-September.

Wednesdays 4 – 6 p.m.

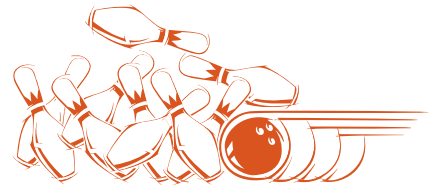
Fees: Free

Teen Bowling League Free

Make new friends while competing in High Point's bowling league. Strike out against teens from around the city in a 10 week bowling league. Hot dogs and drinks will be provided.

Learn a new sport and have fun. It will run Tuesdays @3:30 at Roxbury lanes starting in late September.

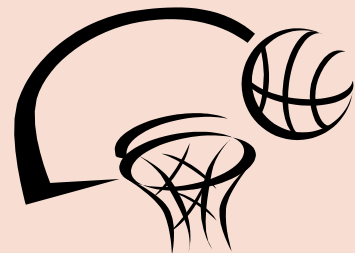
Tuesdays 3:30 p.m.



Adult Sport Drop-In Fee

Since Jan. 1, 2005, the City of Seattle charges an Adult Sport Drop-in fee during all operating hours. The fee is \$2 per session for adults and \$1 per session for seniors.

This fee applies when space is reserved and advertised for scheduled adult sports drop-in programming.



Adult Programs

Aerobics/Fitness

Yoga

For beginners through intermediate; designed to develop increased strength, flexibility, and more.

Instructor: Hope Lopez, RYT

Location: Multi Purpose Room

Yoga - Ages 18 and older				
Session	Barcode	Dates	Day and Time	Fee
I	#10691	9/13 – 10/11 (5 weeks)	Wed 6:30-7:45 p.m.	\$35
II	#10692	10/25 – 11/15 (4 weeks)	Wed 6:30-7:45 p.m.	\$28
III	#10693	11/29 – 12/20 (4 weeks)	Wed 6:30-7:45 p.m.	\$28

Pilates

An exercise method designed to improve kinesthetic awareness (mind body connection), increase mental focus, and reduce stress. Benefits can be improved posture, correction of muscle imbalance, and strengthening of core muscles. Bring a mat, almost all work is done on the floor.

Instructor: Bethany O'Brien

Location: Multi Purpose Room

Pilates - Ages 18 and older				
Session	Barcode	Dates	Day and Time	Fee
I	#10685	9/12 – 10/2 (5 weeks)	Tue 7 – 8 p.m.	\$70
II	#10686	10/17 – 11/16 (5 weeks)	Tue 7 – 8 p.m.	\$70
III	#10687	11/28 – 12/29 (5 weeks)	Tue 7 – 8 p.m.	\$70



Dance - Adults

This class is for the student who enjoys music and movement. Structured framework utilizes warm-up isolation techniques with emphasis on barre and center floor dance combinations in a way of moving your soul as it has never been moved before. A good way to stay fit. A fun course for all levels.

Location: Teen Room

Adult Dance - Ages 17 and older				
Session	Barcode	Dates	Day and Time	Fee
I	#10807	9/28 – 11/2	Thu 7:15-8:15 p.m.	\$49
II	#10808	11/9 – 12/21*	Thu 7:15 – 8:15 p.m.	\$42



Drop In Basketball

\$2 Drop-In

Days and times may change without notice. To ensure gym availability, please call 684-7422.

Mondays

5 – 8:30 p.m.

Fri

5 – 7 p.m.

Drop In Volleyball

\$2 Drop-In

Days and times may change without notice. To ensure gym availability, please call 684-7422.

Tue/Thu

6:30 – 8:30 p.m.

Adult Programs

Lifelong Learning & Career Development

Cooking Class \$49

How well do you know your way around the kitchen? Need help around the holiday season? For answers to these questions and many more, sign up for this delectable cooking class! We'll explore an array of healthy and delicious menus that are simple and easy to put together for a busy work night meal or for an impressive dinner to share with your friends and family. Please bring a knife that you are comfortable cooking with (a Chef's knife is preferred) and plastic containers to take home leftovers.

Ages 18 and older

Location: Kitchen



Cooking Class - Ages 18 and older				
Session	Barcode	Dates	Day and Time	Fee
I	#10676	9/18 - 10/9	Mon 6-7:30 p.m.	\$49
II	#10677	10/23 - 11/13	Mon 6-7:30 p.m.	\$49
III	#10678	11/27 - 12/18	Mon 6-7:30 p.m.	\$49

★New★ NIA – (Neuromuscular Integrative Action)

NIA is a combination of modern dance, yoga, Tai Chi, Tae Kwon Do, Aikido, Jazz and ethnic dance which provides a fun, well balanced fitness modality that leaves the body, mind and spirit wanting to come back for more.

Nia is founded on the concept that there is a dancer, martial artist, and highly aware person within you. By melding various concepts together, Nia sets this person free.

Ages 18 and older

Location: Multi Purpose Room

NIA - Ages 18 and older				
Session	Barcode	Dates	Day and Time	Fee
I	#10683	9/18 - 10/30	Mon 6 - 7 p.m.	\$49
II	#10684	11/13 - 12/18	Mon 6 - 7 p.m.	\$42

First Aid, Health & Safety

American Red Cross \$36

This course teaches choke-saving techniques, rescue breathing, and CPR for adult victims. Register by calling the Red Cross at 206-726-3534.

In the CPR course, participants will learn to:

- Check an unconscious victim
- Recognize and care for breathing and cardiac emergencies in victims over 8 years old
- Prevent heart disease
- Use the EMS system / 9-1-1

Saturdays

Noon - 4 p.m.

Sept 16, Oct 21, Nov 18, Dec 16



Senior Adults

Registration Information Classes/Special Events

Mary Dalzell, Recreation Specialist
206-935-2162

e-mail: mary.dalzell@seattle.gov

Program Dates: Oct 2 – Dec 15

No classes: Nov 10, 23, 24

Class Registrations begins Sept 15.
Please register by calling 206-935-2162.

Please make checks payable to
Senior Adult Advisory Council and
mail to: Senior Programs, Attn: Mary
8061 Densmore Ave N, Seattle, WA
98103-4436

For more information, including
citywide events, please visit our web
site at [www.seattle.gov/parks/
Seniors/index.htm](http://www.seattle.gov/parks/Seniors/index.htm) or call the Senior
Adult Programming Office at
206-684-4951 and request a copy of
our latest brochure.

Southwest Book Club

Free

The Seattle Public Library provides books
free of charge to our group. We all read the
same book and then discuss. Group meets
at 1 p.m. the third Thursday of each month
at the Southwest Community Center,
2801 SW Thistle St.

Thu: Oct 19, Nov 16, Dec 21 1 – 2 p.m.

Hatha Yoga \$26/6-wk session

Hatha yoga releases tension and stiffness
as it tones and strengthens, calms and
relaxes. This class provides gentle
stretching and movement with awareness,
correct alignment and deep breathing to
increase your stamina, strength, flexibility,
and peace of mind. Bring your own yoga
sticky mat. No experience necessary.

Instructor: Jaki Reed

Fridays 11 a.m. – Noon

Session 1: 9/22–10/27; Session 2: 11/3–12/22

Sound Steps Local Walks

Free

Sound Steps is a free walking program
for senior adults! Meet new friends, win
prizes, and enjoy the many health benefits
of walking. **For questions and to register,**
call Sound Steps Coordinator Mari
Becker at 206-684-4664.

High Point Walking Group

Walking is fun when you do it with your
friends and neighbors! Meet at the High
Point Library lobby, 3411 S.W. Raymond.
Time to check out books when you're done.

Wednesdays 10:30 – 11:30 a.m.

Location: Meet at High Point Library

Social Partner Dancing \$15/session

Learn different styles
of partner dancing
such as polka, square
dance, country line,
tango, rumba, salsa,
fox trot, limbo rock
, cha cha, jitterbug,
swing, samba, etc.
Class participants

will decide which they would like to learn. All
done in a friendly environment, you will not do
anything wrong or incorrect. Dance, learn, enjoy.
Instructor: Ellie Jo Roberge

Wednesdays 11 a.m. – Noon

High Point CC

#10958

Session I

10/4 – 11/1

#10959

Session II

11/8 – 12/13

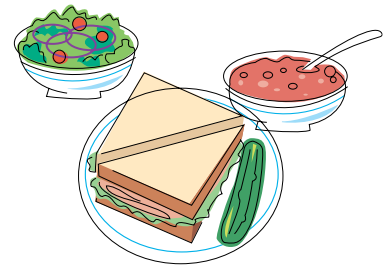
Nutrition Made Easy

Free

Confused about cholesterol, sodium, trans fats,
fiber? Registered dietitian, Shawn Peterson, with
Senior Services will offer a series of discussions
about what all
this means and
other topics of
healthy eating.
Take control
of your eating
habits with tips
designed to make
you feel better. A
food demo will be available to taste.

Tue (10/3 – 10/31) 11:30 a.m. – 12:30 p.m.

High Point CC



Senior Adult Field Trips

Japanese Garden

\$5

First lunch and then to the beautiful Japanese Garden and a walk through the Arboretum. Free Admission.

Mon, Oct 2 Noon – 4 p.m. Reg. Sep 15

Fees: \$5

Hunter's Breakfast

\$10

Our 4th annual visit to the Swauk-Teaway Grange fund raiser. Stops at CleElum Railroad project and Roslyn.

Sat, Oct 14 9 a.m. – 5 p.m.

Reg. Oct 4

Fees: \$10

Europe

\$7

No, we are not going to Europe, just Everett for Rick Steves'

Europe through the Back Door travel information. Beautiful photography and a knowledgeable lecturer. Free admission.

Sat, Oct 21 8:45 a.m. – 2:30 p.m.

Reg. Oct 6

Holiday Food & Gift Show

\$7

The Big Big pre holiday gift show at the Tacoma Dome. Gifts, music, food samples, and more. Admission on your own.

Thu, Oct 26 9:30 a.m. – 3:30 p.m.

Reg. Oct 11

LaConner Arts Alive

\$10

Downtown LaConner festival and invitational art show with more than 75 musicians, artists, and performers. Time to look around town.

Sat, Nov 4 9 a.m. – 4:30 p.m.

Reg. Oct 13

Redmond British Pantry

\$7

Tea time at this British style bakery, grocery, gift shop, and full service restaurant. Later time in Redmond.

Thu, Nov 9 10:30 a.m. – 4 p.m.

Reg. Oct 25

KIXI Radio & Factory Mall

\$7

"Great songs, Great memories". Morning tour at KIXI radio station for a behind scenes look. Then to mall for after Thanksgiving shopping.

Thu, Nov 30 10 a.m. – 3 p.m.

Reg. Nov 15

Governor's Mansion Holiday Style

\$9

Tour the Gregoires' house decorated for the holidays. Take in the classic beauty and learn about the history and architecture. PHOTO ID REQUIRED.

Wed, Dec 6 9:30 a.m. – 3:30 p.m.

Reg. Nov 17

Holiday Home Tour

\$9

Sedro-Wolley Museum will host this annual evening event of elegant homes along with beautiful antiques. \$5 admission fee on your own. Registration begins Nov. 22nd, 8:30 am.

Sat, Dec 9 3 – 9 p.m.

Reg. Nov 22

Trip Registration Information

- **Payment** must be received 5 working days PRIOR to departure.
- **Make checks payable to:** Senior Adult Advisory Council
- **Mail checks to:** Senior Programs, Attn: Mary, 8061 Densmore Ave. N, Seattle, WA 98103-4436

Note: Trip times/costs/destinations are subject to change. **All trips lunch on your own.**

Trip Registration: Register by calling 206-684-7422 after the date and time listed for each trip.

Trip Registrations begin at 8:30 a.m. on the date listed for each trip by calling 206-935-2162.

Scholarships

Our Advisory Council wants to ensure that our activities, classes and sports are available to everyone, regardless of their ability to pay. The Council may choose to offer scholarships for qualified applicants. To apply for a scholarship, please talk to a member of our staff.

Suggestions

We welcome your ideas. If you want to suggest a new class, or if you have an idea you think would benefit us or our community in general, please let us know.

High Point Facility Rentals

For more information about rentals, please view our facility rental brochure at www.seattle.gov/parks/reservations/Facrentalguide.htm.

Interested in teaching?

We're always looking for top quality instructors to offer unique courses. We choose class offerings based on participants' interest and space availability. If you have a special talent, skill, or knowledge you would like to share with others in a class or workshop format, please talk to a member of our staff.

You can make a difference!

The High Point Advisory Council is a group of citizens dedicated to the enrichment of our community. Its support enables us to offer a variety of programs and services for people of all ages, abilities and backgrounds.

High Point Advisory Council is always looking for new members. Meetings are held at 7 p.m. on the fourth Monday of every month to talk about programs, policies, and financial issues. Citizen direction and participation are vital to our continued success. Advisory Council members also create scholarship opportunities through grant writing and other fundraising activities. If you'd like to get involved, please contact our staff at 206-684-7422.

Most classes, workshops, sports, special events, and facility rentals are funded through the Advisory Council rather than through Seattle Parks and Recreation. Revenues generated through program fees offset program costs to make Advisory Council activities self-sustaining. We rely heavily on program participation, donations, and contributions to buy, repair, maintain, and upgrade program equipment and supplies.

Anti-discrimination

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex,

marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental or physical handicap.

Accommodation for people with disabilities.

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids or other accommodation, please call 206-615-0140 or TDD 206-684-4950. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

More information

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at www.seattle.gov/parks, or call our Public Information line, 206-684-4075. For more information about programs for senior adults, please call 206-684-4951, and for more information about programs for special populations, please call 206-684-4950.

Fees and charges

Our Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees collected by the Advisory Council are used to offset the cost of providing the programs. Program charges include user fees of 3.25% paid to Seattle Parks and Recreation to defray operating costs. Class and program fees include Washington State sales tax where applicable.

Waiting lists

We will create waiting lists for all filled classes. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability.

Class cancellations

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, we will have to cancel it.

COMMUNITY CENTERS

Alki	684-7430
Ballard	684-4093
Bitter Lake	684-7524
Delridge	684-7423
Garfield	684-4788
Green Lake	684-0780
Hiawatha	684-7441
High Point	684-7422
Jefferson	684-7481
Langston Hughes Performing Arts Center	684-4757
Laurelhurst	684-7529
Loyal Heights	684-4052
Magnolia	386-4235
Meadowbrook	684-7522
Miller	684-4753
Montlake	684-4736
Queen Anne	386-4240
Rainier Beach	386-1925
Rainier	386-1919
Ravenna-Eckstein	684-7534
South Park	684-7451
Southwest	684-7438
Van Asselt	386-1921
Yesler	386-1245

POOLS

Ballard	684-4094
Colman (Summer only)	684-7494
Evans	684-4961
Madison	684-4979
Meadowbrook	684-4989
Medgar Evers	684-4766
Mounger (Summer only)	684-4708
Queen Anne	386-4282
Rainier Beach	386-1944
Southwest (closed – 4/04)	684-7440

ENVIRONMENTAL LEARNING CENTERS

Carkeek Park E.L.C.	684-0877
Camp Long E.L.C.	684-7434
Discovery Park E.L.C.	386-4236
Seward Park E.L.C.	684-4396

COMMUNITY CONNECTIONS

Alki Bathhouse	684-7430
Animal Control	386-4254
Aquarium Info	386-4320
Ballfield Reservations	684-4082
Bathhouse Theater	524-1300
Boat Launch Permits	684-4075
Compliments/Concerns	684-4837
Delridge Library	733-9125
High Point Library	648-7454
Green Lake Small Craft Center	684-4074
Handicapped Programs	684-4950
Mt. Baker Rowing and Sailing	386-1913
Parks Information	684-4075
PAWS	743-3845
Permits – Park Use	684-4080
Permits – Special Events	684-8017
Picnic Reservations	684-4081
Pitch & Putt Golf	632-2280
RUG Youth Baseball	523-8377
Senior Adult Programs	684-4951
Senior Adult Class and Trip Registration (SW)	684-4115
Seattle Tennis Center	684-4764
Southwest Library	684-7455
Special Populations	684-4950
Sports Programs – Adult	684-7092
Sports Programs – Youth	684-7094
Volunteer Opportunities	684-4557
West Seattle Golf	935-5187
West Seattle Library	684-7444
West Seattle Little League	937-1928
Woodlawn Youth Soccer	632-1930
Zoo information	684-4800



Rentals at High Point Community Center

High Point Community Center has many rooms to choose from to match your needs! With our brand new building, High Point is the hot spot for rentals! Our rooms are ideal for meetings, parties, large gatherings, or any special occasion. Please call 684-7422 for more information including space availability and fees.

Multipurpose Room - Small	\$25.00 per hour
Multipurpose Room - Medium	\$35.00 per hour
Multipurpose Room - Large	\$45.00 per hour
Kitchen	\$35.00 per hour
Gymnasium	\$25 per hour for athletic use \$100 per hour for non-athletic use

\$10 Non-refundable booking fee for two hour rental.

\$5 for each additional hour.

\$250 Refundable damage/cleaning deposit.

\$60 Non-refundable alcohol fee.

\$500 Refundable damage/cleaning deposit for rentals with alcohol.

Effective immediately, we require that all events held in Seattle Parks and Recreation facilities at which alcohol is served, the renters must have \$1 million in Commercial General Liability coverage. If alcohol is being sold, the renters must have \$2 million in Liquor Liability.

\$17 per hour Staff fee for all rentals during non-operating hours including Saturdays.

\$25.50 per hour Staff fee for rentals on holidays.

One hour (\$17) Staff fee will be added to total hours. Staff need to enter building half an hour prior and leave half an hour after the rental.

Rentals with alcohol and/or more than 50 people requires 2 staff.

Two weeks advance notice and full payment required to reserve a room.

High Point Community Center
6920 34th Avenue SW
Seattle, WA 98126-4217
206-684-7422

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